

June Wellness Message



Dear Fellow State Employee:

We would like to introduce ourselves. We are your **Employee Health and Wellness (EHW)** team. EHW is housed within the Department of Civil Service, Employee Benefits Division.

Do you want to be more productive? Feel more energetic? Better cope with stress? Improve your outlook on life? Enhance your relationships? Improve the quality of your family life? Do you want to just feel good and look good?!! **Try good nutrition and regular exercise, essential keys to good health.** These are the main focus of **Working On Wellness - WOW!**

We will provide you with multiple health-related resources through:

- 1) monthly **WOW** e-mailings with healthy ideas and fitness tips.
- 2) the **WOW** website which will be "fun" to explore, available to you soon at www.WOW-WorkingOnWellness. We recommend you **save** this site in your **"Favorites"**.
- 3) a variety of health articles in departmental and employee organization newsletters to help you **Work On Your Wellness**

Did you know that **National Employee Health and Fitness Day** was May 21, 2003? It's not too late to celebrate **health** and **fitness**, and to make them a **top priority**. Let's each do our part in making Michigan **a State of Good Health** by focusing on "getting fit".

One way to "get-fit" is with regular exercise. The easiest way to do this is to fit it into your daily routine.



To be healthy you should get at least 30 minutes of exercise on most days. The average adult walks less than 5,000 steps a day. "10,000 Steps a Day" is a unique walking program to help improve your well-being and quality of life by increasing your daily steps. Check out <http://www.shapeup.org/10000steps.html>.

Logging your steps is a great way to help you stay in a regular program of exercise. Go to <http://www.walking.about.com/library/cal/xiwalkusastep.htm> to print a walking log.

A second equally important way to "get-fit" is with **good nutrition**. The goal is to eat 5 to 9 servings of fruits and vegetables a day.



According to the National Cancer Institute, following this recommendation improves health and reduces the risk of cancer, heart disease, hypertension, diabetes, and macular degeneration. Click on <http://www.5aday.gov/index-quick.shtml> for tips on ways to add more fruits and vegetables to your diet. Visit <http://www.5aday.gov/index-recipe.shtml> for easy-to-make healthy meals and snacks. **WOW** will also provide healthy recipes from time to time.

We hope these ideas will get you started on **a path to WOW**.

Watch for monthly **WOW e-mails**.

Be a "**self-changer**" and start:

Working On Wellness Make it **YOUR daily goal!**

This Spring and Summer
look for activities in your area to celebrate health and fitness.

We want you to help us **WOW** you into making healthier lifestyle choices.

Contact us at:

Lansing Area: (517) 373-2814

Toll Free: 1 877 381-0225

E-mail: **MDCS-WOW-WorkingOnWellness**

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Watch for the mid-June 2003 launching of our website:

www.wow-workingonwellness

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